Media, PA -- In observance of the Martin Luther King holiday, Congressman Joe Sestak is attending numerous events in the district on Sunday and Monday.

"As we celebrate Martin Luther King Day, we pause to remember a great man who helped change America by decrying racial injustice," noted Joe. "It was his strong leadership that gave others the faith and courage to work peacefully for change and to promote equality and opportunity across America.

"Time and again, what he also gave us was the ability to say 'we are better than this' and 'we need to change.' It is this ability to eventually say 'we are better' and 'we need to change' that convinces me never to sell short the character of Americans and what I believe is our enormous capacity to eventually change and grow for the better. I'm honored to be celebrating this special holiday on Sunday and Monday with so many of my constituents."

Joe will be participating in numerous events on Sunday and Monday to honor Martin Luther King, including:

SUNDAY

10:45 am - 12:00 pm 11:45 am is when Joe will speak

Martin Luther King, Jr. Celebration St. Paul Baptist Church 1 Hagerty Blvd. West Chester, PA 19382

2:15 pm - 3:30 pm 18th Annual Martin Luther King Jr. Birthday Celebration

> Hosted by Media Fellowship House First United Methodist Church 350 W. State Street

Media, PA 19063

MONDAY

9:30 am - 10:45 am Glenwood Elementary School, 122 S. Pennell Road, Media, Pa.

11:00 - 12:00 am Neighbor to Neighbor CDC, 814 Clifton Street, Sharon Hill, Pa 12:15 pm - 12:45 pm: Luncheon featuring the Men's Ensemble of the Chester Children's

Choir

Salvation Army, 151 W 15th St, Chester Pa

12:45 pm - 1:00 pm Walk to site of former Crozer Theological Seminary (location where Dr. King studied for the ministry and in district) Crozer-Chester Medical Center, Old Main Building, One Medical Center Blvd. Upland, PA

1:00 pm - 1:15 pm Joe will speak at Crozer-Clark Auditorium, Crozer Chester Medical

Center

1:45 pm - 2:45 pm The Haverford School, Haverford, PA

3:00 pm - 4:00 pm Radnor Middle School

Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "DeepBlue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever to serve in the U.S. House of Representatives.

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